## Dealing with a relapse

## What to do if you've slipped

- If you purchased a pack throw it away and recommit to quitting.
- Analyze what triggered you to smoke.
- Plan a substitute activity for this trigger.
- Practice the five D's: delay, drink water, deep breathing, distract yourself, and discuss with a friend.
- Review why you quit.
- Use positive self-talk.
- At the end of the day, reward yourself.

## Review and modify action plan

- Review what worked from your action plan and continue.
- Modify parts of the plan that were not successful. Try new solutions.
- Consider upcoming social situations and commit yourself to not smoking.
- Ask for extra support around difficult situations.
- Plan a reward for small successes.